

#### TRANSFORMATIONAL AGING

Q & A With Dr. Karen Tanzy, PhD

#### GROW OLD ALONG WITH ME!

The Best is Yet to Be

#### BOOK OF THE MONTH COLUMN

From Age-ing to Sage-ing

#### COMING ATTRACTIONS

Lunch & Learn Program and Tour

### AgeUp Vision:

A world where elders are relevant, engaged and essential.

### AgeUp Mission:

To act as catalysts for transforming and expanding the perception of aging locally, nationally and globally.

[www.AgeUp.org](http://www.AgeUp.org)

# ageUp

JOIN THE REVOLUTION.



## Transformational Aging: Q & A with Dr. Karen Tanzy, PhD

At Bayview we are fortunate to have an awesome team working on our AgeUp task force. A key member of our team is Dr. Karen Tanzy, PhD (above) who has great passion for our AgeUp cause. Dr. Tanzy fights ageism with research and compassion as her weapons of choice.

### Tell us a little about your background:

"I'm a licensed clinical psychologist. My education and training includes a PhD in Clinical Psychology, as well as post-doctoral training in Clinical Neuropsychology. I also have a Master's degree in Theology. *Continued...*

# The way you think about aging may impact the way you age.



Tanzy, continued from page 1

We live in an exciting era with an ever-expanding body of research indicating that our lifestyle choices and the way we think about our lives really can have a positive impact on our health and wellness. In my work with older adults, I enjoy supporting individuals to focus on the strengths and gifts they have as a result of their many years and to encourage them to lead more vibrant, rewarding lives through a healthy mindset, creative expression and meaningful activities."

## What research is a game-changer?

"Psychologist Becca Levy at Yale has studied the effects of negative age stereotypes. She and her colleagues have found that the way one thinks about aging impacts the way one ages. People who have a negative view of aging act differently from those who have a more positive view of aging. For example in one of her studies, if a person thinks of him/herself as impaired due to age, that person's performance on memory, math

and handwriting tests is reduced. Levy also found that individuals who have more positive self-perceptions about aging live, on average, 7.5 years longer than those individuals who have more negative self-perceptions. It really does matter how we perceive the aging process. And by changing our perception of aging in a more positive light, there's growing evidence to show that we can positively impact our health and longevity.

Another example of how belief can impact the experience of aging is psychologist Ellen Langer's landmark "counterclockwise" study. Her study involved a group of older men who lived for a week in an environment that was set up to replicate what appeared to be an era from 20 years earlier. There was a positive impact on their overall wellbeing and function. While this early study was small and unusual in design, the findings have promoted exciting research in the area of perception and aging. Langer suggests that by opening our minds to what is possible rather than limiting our

expectations, this practice can lead to better health."

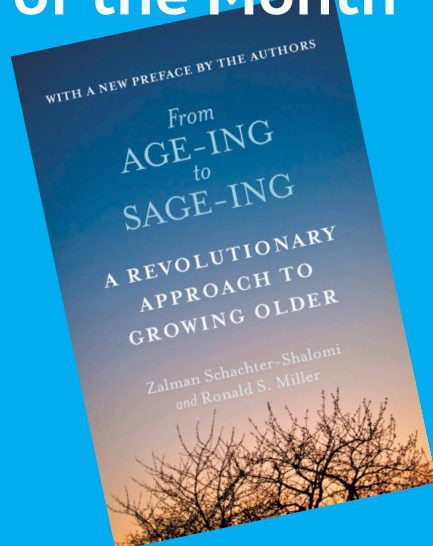
## Would you like to share any other insights about shifting one's mindset?

"Having a sense of purpose has been found to be an important factor in the lives of centenarians studied in the "Blue Zones," world's longest-lived cultures, as described by Dan Buettner and his team. 'Ikigai' is a Japanese term that roughly translates as the reason a person gets up in the morning. Buettner refers to this term as he has found that those people who live to be 100+ are able to point to something that motivates them each day, be it spending time with a great-great-great grand child, fishing, or karate. They start the day with purpose and stay connected by engaging in meaningful activities. I believe finding that unique sense of purpose can provide each of us a powerful daily inspiration to live our lives fully."■

Watch for our next *AgeUp* issue for Part 2 with Dr. Tanzy, where she discusses the topic of socialization and loneliness in older adults, and the good news that research is pointing towards.



# AgeUp Book of the Month



Welcome to a new feature of the AgeUp Newsletter! We will highlight one book in each issue going forward, on subjects related to aging well, re-inventing yourself in the later years of life, and other topics pertinent to transforming the aging process personally and societally!

We present our very first AgeUp Book of the Month: **FROM AGE-ING TO SAGE-ING: A Revolutionary Approach to Growing Older** by Rabbi Zalman Schachter-Shalomi. "...a wise and inspiring guidebook to the aging process. It will show you how healthy aging may be more like the process of birth than only a reminder of our mortality. The author, using brain/mind research, gives you the means to combat the negative aspects of growing older."

Are you 55 or over and interested in joining an AgeUp Book Group? If so, please contact: Jan Anderson at 281-5749 (or [janderson@bayviewseattle.org](mailto:janderson@bayviewseattle.org)) for more information. ■



## Grow Old Along With Me! The Best is Yet to Be...\*

Did you know that older adults are more content than teenagers and young adults? Societal viewpoints about aging often assume the opposite, but research has proved that despite potential declines, older adults report feeling happier with their lives than their younger counterparts. This "gerontological paradox" or "u-curve of happiness" is due not only to changes in the older adult brain, but also stems from an accumulation of wisdom and a mastery of handling life's challenges; a learned ability to not sweat the small stuff.

At Bayview and AgeUp, we strive to cultivate this happiness in a multitude of ways. Take Bayview's popular film project, for example. Residents write and star in short films directed by filmmaker Scott Jackman and the final products are not only charming, but also award winning. "I was impressed by how agreeable the resident actors were. No fear. No hesitation," said Scott. "A resident asked if he could contribute to the musical score by playing his harmonica ... afterward, I noticed a proud twinkle in his eye."

The residents agree that making the films is a unique and meaningful experience. "The movies made with Scott Jackman are made with a cast of residents, which promotes friendships with each other and a sense of community that's committed to the enjoyment of oneself and others," said Bill Jordan, a Bayview resident, film project participant and AgeUp taskforce member.

Check back next issue to see how resident Allen Raymond is making headlines with his joy! (Hint: it involves 343 empty milk cartons...) ■





# BAYVIEW

A POINT OF VIEW

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Hi, I'm Mr. Pickles. We hope you enjoyed our newsletter! Stay tuned for more great stories in our next issue!

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## A Most Transformative Year for us. Transform YOUR life... at Bayview.

CALL LEA MILLER AT 206-281-5744 FOR A  
LUNCH & LEARN PROGRAM AND TOUR

Photo by Rice Fergus Miller VizLab

Dining venues are complete! Coming soon: an outdoor dog park, pea patch gardens, state-of-the-art Fitness Center and warm-water therapy pool. When you sign up for a 2018 move-in date, you can specify apartment finishes, flooring, appliances and more!